

# 12 Signs You May Be Creatively Wounded

How many do you recognize?



○ You frequently tell yourself, "I'm not creative."

○ If you do risk playing creatively, you frequently apologize for what you create.

○ You will say, "I don't have a good imagination."

○ You do not engage in any type of handcraft.

○ You feel you are "too old" to start something you "should have done when you were younger" (voice lessons, music lessons, dance lessons, acting lessons, art lessons)

○ Your definition of creativity is limited to "the arts", when it should extend to all arenas of wholehearted living: relationships, work, decor, spirituality, and even the "mundane tasks of living."

○ You have not played with paint, paper, pencils, photography, collage making in years.

○ You never go to a museum, art gallery or live performance. If you do you feel the creativity expressed there was made by a different species than you.

○ There are creative people you really secretly admire or envy but feel you "have nothing in common with". (This is called a "positive projection in psychological Shadow Work.)

○ The idea of writing (even a three line Haiku) paralyzes you.

○ You do not read fiction, fairy tales or poetry.

○ You are still telling the story of the teacher, parent, or friend who criticized your creative / artistic ability or who dismissed your ideas as "just your imagination."



Strategies of the Spirit Blog

Mary Reilly Mathews, LCSWR